Owner's Guide

VISION FITNESS®

T9200, T9300HRT, T9500HRT
T9500HRT Ortho AND ***T9600HRT Comfort***
PLATFORM TREADMILLS

Congratulations on choosing a VISION FITNESS Treadmill. You've taken an important step in developing and sustaining an exercise program! Your Treadmill is a tremendously effective tool for achieving your personal fitness goals. Regular use of your Treadmill can improve the quality of your life in so many ways…

Here are just a few of the health benefits of aerobic exercise:

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels
- Reduced Stress
- Help In Countering Anxiety and Depression
- An Improved Self Image

The key to reaping these benefits is to develop the exercise habit. Your new Treadmill will help you eliminate the obstacles that prevent you from getting in your exercise time. Snow and rain and darkness won't interfere with your workout when you have your Treadmill in the comfort of your home. This Owner's Guide provides you with basic information on starting an exercise program. A more complete knowledge of your new Treadmill will assist you in realizing your goal of a healthy lifestyle.

Service to your Treadmill should only be performed by your VISION FITNESS retailer. Please contact your authorized VISION FITNESS retailer should service be required. If a question or problem arises which cannot be handled by your VISION FITNESS retailer, please contact us:

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500 South C.P. Avenue
Lake Mills, WI 53551
Ph: 1.800.335.4348
Fax: 1.920.648.3373
www.visionfitness.com

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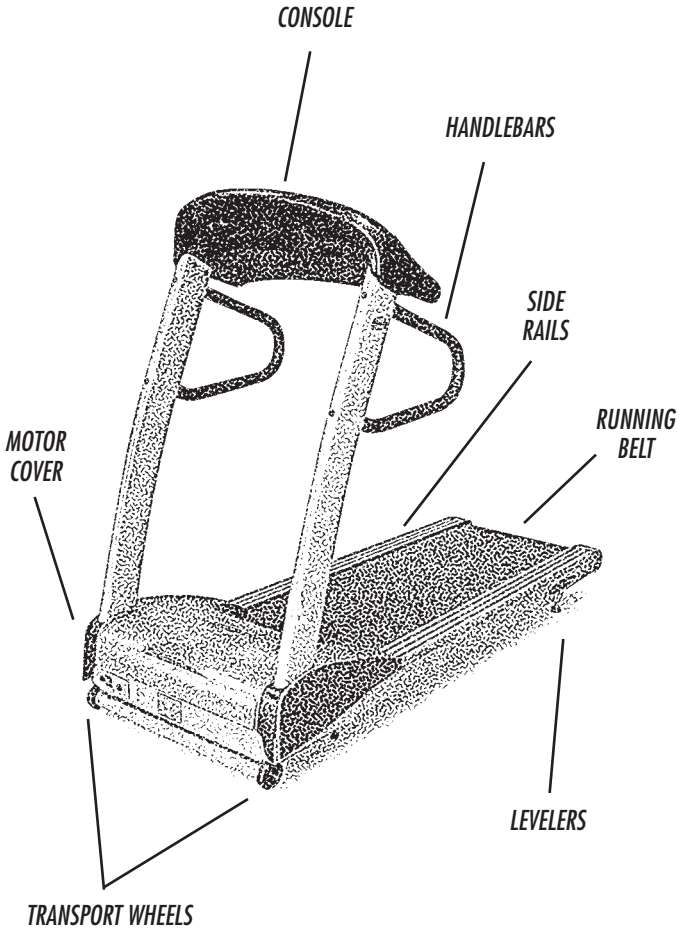

CONSOLE
HANDLEBARS
SIDE RAILS
RUNNING BELT
MOTOR COVER
LEVELERS
TRANSPORT WHEELS

IMPORTANT SAFETY INSTRUCTIONS
SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following:
Read all instructions before using this exercise product.

WARNING! To reduce the risk of burns, fire, electrical shock or injury to persons:

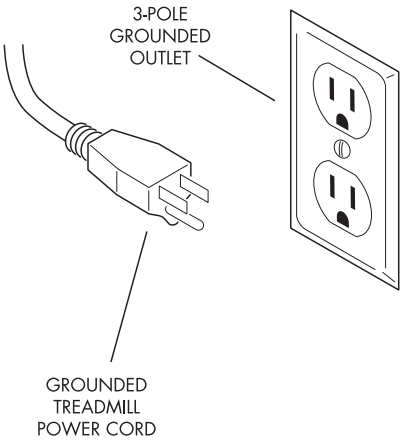
- Use this exercise product for its intended use as described in this Owner's Guide. Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not remove the Treadmill motor covers or roller covers. Service should be performed only by an authorized VISION FITNESS retailer.
- Never operate this Treadmill if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Return the Treadmill to a retailer for examination and repair.
- Keep the cord away from heated surfaces.
- Do not use outdoors.
- To disconnect, turn the switch to the OFF position, then remove plug from outlet.
- Never place the power cord under carpeting or place any object on top of the power cord, which may pinch and damage it.
- Unplug your VISION FITNESS Treadmill before moving it.

CHILDREN

- Keep children off your VISION FITNESS Treadmill at all times.
- When the VISION FITNESS Treadmill is in use, young children and pets should be kept at least 10 feet away.

POWER REQUIREMENTS

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated below. An improper connection of the equipment grounding conductor can result in a risk of an electrical shock. Do not modify the plug that was provided with this product. If this plug does not fit into your outlet, have a qualified electrician install the proper outlet. Adapters, extension cords and surge protectors should not be used with this product. Also, a GFI protected receptacle should not be used. It is recommended to use a 20 amp dedicated circuit.



OTHER SAFETY TIPS FOR YOUR VISION FITNESS TREADMILL

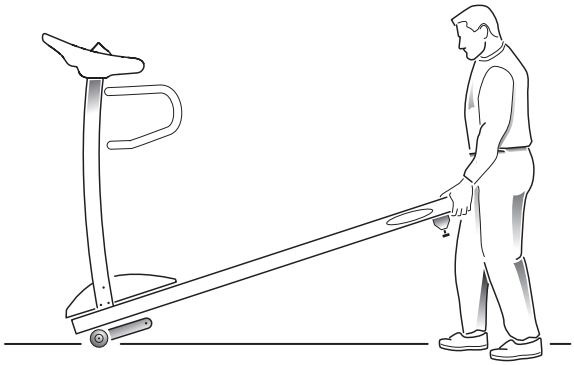
CAUTION!: If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

- Do not wear clothing that might catch on any part of the Treadmill.
- Read this Owner's Guide before operating this Treadmill.

MOVING YOUR VISION FITNESS TREADMILL

Your VISION FITNESS Treadmill has a pair of transport wheels built into the front legs. To move, firmly grasp the back end of the frame, carefully lift and roll.

CAUTION: Our Treadmills are well-built and heavy, weighing up to 300 lbs.! Use care and additional help if necessary.



PLACEMENT IN YOUR HOME

It is important that you place your Treadmill in a comfortable and inviting room. Your Treadmill is designed to use minimal floor space. Many people will place their Treadmills facing the TV or a picture window. If at all possible, avoid putting your Treadmill in an unfinished basement. To make exercise a desirable daily activity for you, the Treadmill should be in an attractive setting.

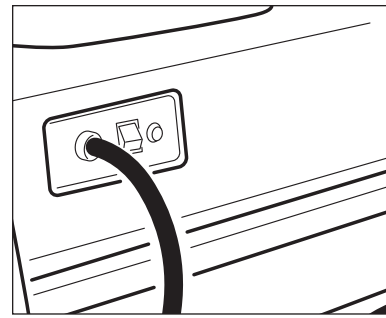
NOTE: If you place your Treadmill facing out from a wall, you should leave 3 feet between the wall and the Treadmill to ensure safe operation.

LEVELING

The Treadmill should be level for optimum use. Once you have placed the Treadmill where you intend to use it, raise or lower one or both of the adjustable levelers located on the back of the Treadmill frame. A carpenter's level is recommended. If your Treadmill is not level, the running belt may not track properly. Once you have leveled the Treadmill, lock the levelers in place by tightening the nuts against the frame.

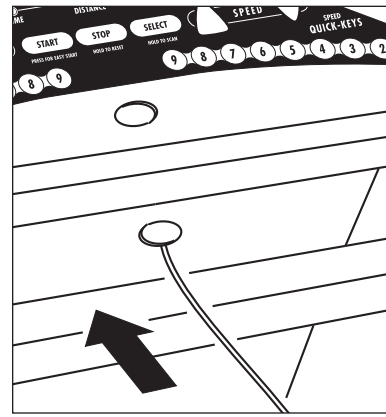
POWER

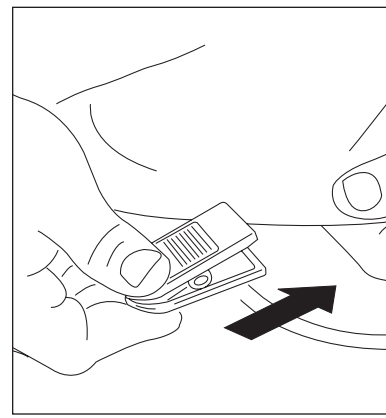
Ensure that your Treadmill is properly connected to a power outlet, then turn on the Power switch, located at the front of the main frame.



SAFETY KEY CLIP & TETHER

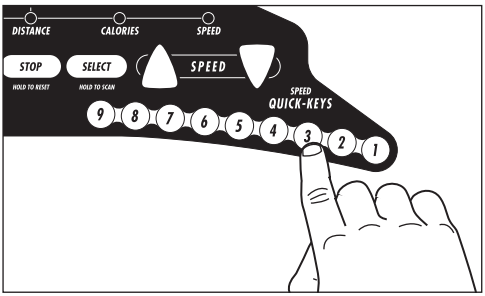
Your VISION FITNESS Treadmill will not start unless the Safety Key is inserted into the keyhole in the center of the console case. You should attach the clip end to your clothing. If at any time you need to stop the Treadmill quickly simply pull the Safety Key off the console. This will cut all power to the Treadmill and it will come to a complete stop. To resume your workout, place the Safety Key back in place. This will send you back to the start-up mode.





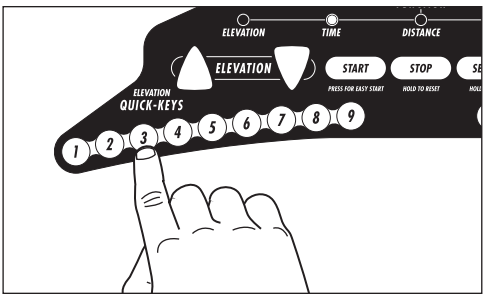
SPEED QUICK KEYS

After pressing the Start button, you can change the speed of the treadmill by pressing one of the Speed Quick Key buttons numbered 1-9. Each key represents a mile/kilometer per hour. For example, when you press 3, the treadmill will adjust the speed to 3 mph/kmph.



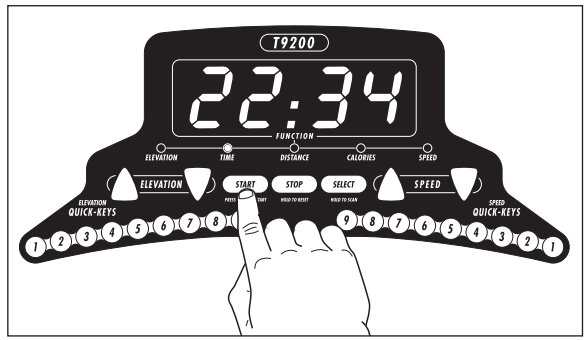
ELEVATION QUICK KEYS

After pressing the Start button, you can change the elevation of the treadmill by pressing one of the Elevation Quick Key buttons numbered 1-9. Each key represents a % incline. For example if you press 3, the treadmill will elevate to a 3% incline.



INTRODUCTION TO THE *T9200*

Simply press the Start Button to begin exercising.

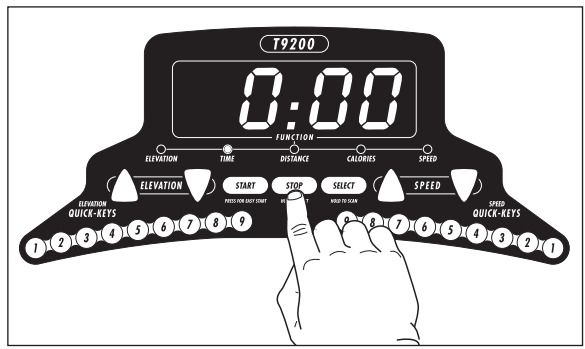


PAUSE

Press the Stop Button to pause during your workout.

RESET

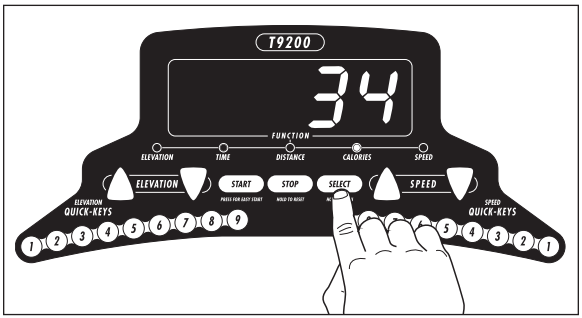
Press and hold the Stop Button to reset the Treadmill.



T9200 FEEDBACK DISPLAY

SCAN FUNCTION

To scan through the functions during your workout, press the SELECT button. To continuously Scan, press and hold until the console double-beeps (about 2 seconds). The selected function is displayed when the Function light is on above the word itself



ELEVATION

Shown as a percentage of incline. This Indicates how steeply inclined the running surface is, to simulate walking/running on a hill.

TIME

Shown as (Minutes:Seconds). View the Time elapsed in your workout.

DISTANCE

Shown as miles or kilometers. View Distance traveled during workout.

CALORIES

Shown as estimated accumulated Calories burned during workout.

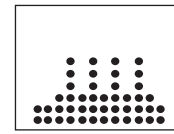
SPEED

Shown as Miles/Hour or Kilometers/Hour. This Indicates how fast the running surface is moving, to simulate outdoor walking/running.

T9300HRT, T9500HRT, T9500HRT ORTHO & T9600HRT COMFORT PROGRAM DETAILS

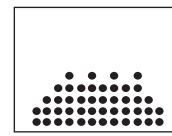
P1 - MANUAL

Customized workouts; with no default Time.



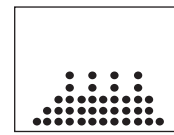
P2 - INTERVALS • SPEED CHANGES

Improves your strength, speed, and endurance by raising and lowering the Speed throughout your workout to involve both your heart and muscles; Time defaults to 24 minutes.



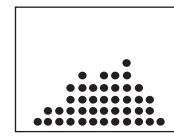
P3 - WEIGHT LOSS • SPEED CHANGES

Promotes weight loss by raising and lowering your speed level while still keeping you within your fat burning zone; Time defaults to 48 minutes.



P4 - SPEED WALK • ELEVATION & SPEED CHANGE

Promotes weight loss by raising and lowering your elevation level while still keeping you within your fat-burning zone; Time defaults to 32 minutes.

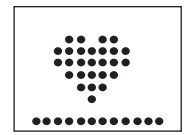


P5 - 5K BACKTRAIL RUN

Improves your cardiovascular training by simulating a 5K run with hills; no preset time with elevation changes.

P6 - 10K LAKESIDE RUN

Improves your endurance training by simulating a 10K run with hills; no preset time with elevation changes.



P7 - HEART RATE TRAINING

Saves time by making the most of your limited workout time; motivates and encourages you to achieve your fitness goals. Benefits weight loss by maintaining an optimum exercise level to burn fat; Time defaults to 34 minutes.

(continued on next page)

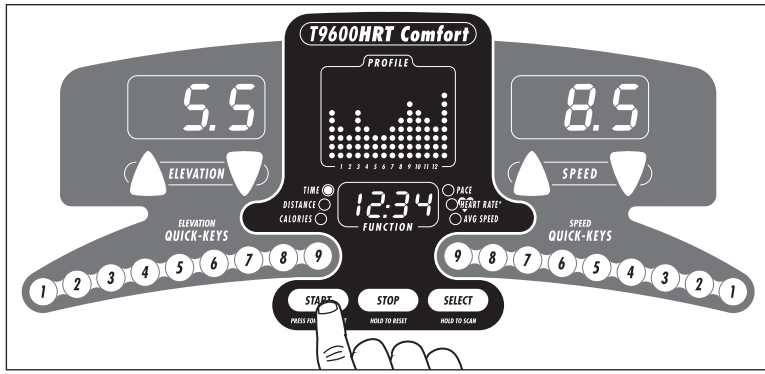
T9300HRT, T9500HRT, T9500HRT ORTHO & T9600HRT COMFORT PROGRAM DETAILS

Programs P2-P6 have 9 levels. By having 9 levels to chose from, you can change the intensity of your workout as your fitness level improves. In general the beginner levels have lower level numbers and the most advanced levels have higher level numbers. For example, L9 will be the most advanced workout and L1 will be the beginner level. If you are not sure what fitness level you are at, you should start out at a lower level and work up to a comfortable level.

NOTE: All the programs can provide an aerobic and cardiovascular benefit in addition to the specific benefits listed.

T9300HRT, T9500HRT, T9500HRT ORTHO, & T9600HRT COMFORT EASY START

Simply press the START Button to begin exercising in the MANUAL Program.

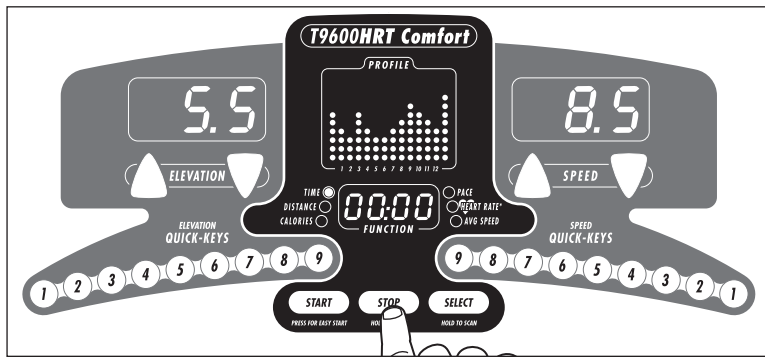


PAUSE

Press the STOP button to pause during your workout.

RESET

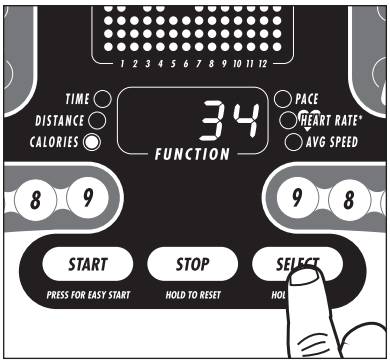
Press and hold the STOP button to reset the Treadmill.



T9300HRT, T9500HRT, T9500HRT ORTHO, & T9600HRT COMFORT FEEDBACK DISPLAY

SCAN FUNCTION

To scan through the functions during your workout, press the SELECT button. To continuously Scan, press and hold until the console double-beeps (about 2 seconds). The selected function is displayed when the Function light is next to the word itself.



TIME

Shown as (Minutes:Seconds). View the Time remaining or the Time elapsed in your workout.

DISTANCE

Shown as Miles or Kilometers. View Distance traveled during workout.

CALORIES

Shown as estimated accumulated Calories burned during workout.

HEART RATE

Shown as Beats-per-Minute. You can monitor your Heart Rate at any time during a workout.

AVERAGE SPEED

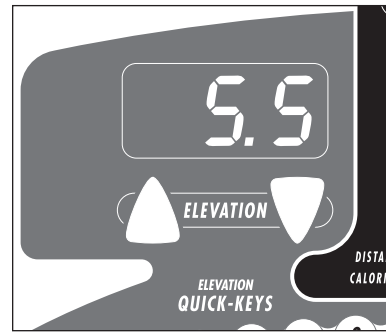
Shown as Miles/Hour or Kilometers/Hour. Equals accumulated Distance plus elapsed Time. Corresponds to simulated outdoor walking or running Speed.

PACE

Shown as Time (Minutes:Seconds) required to travel 1 mile at current Speed.

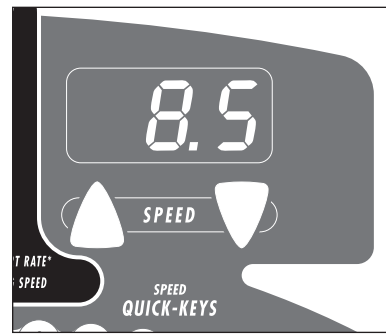
ELEVATION

Shown as percentage of incline, Elevation is visible in the left-hand LED window. Indicates how steeply inclined the running surface is, to simulate walking/running on a hill.



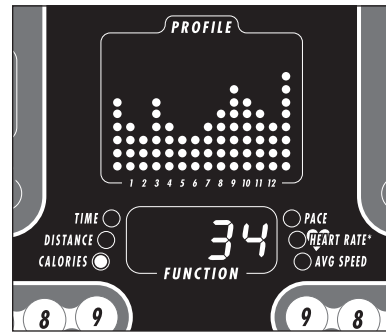
SPEED

Shown as Miles/Hour, Speed is visible in the right-hand LED window. Indicates how fast the running surface is moving, to simulate outdoor walking/running



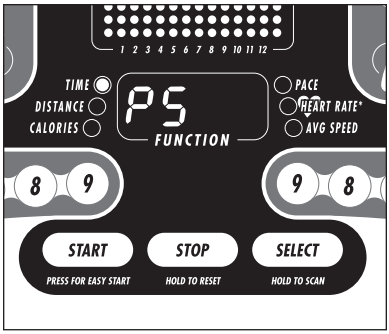
PROFILE

Shown as a graphical representation of the Program you have chosen (Intervals, Weight Loss, etc.). The left-most column of orange LEDs indicates Elevation and corresponds to the main Elevation window. The right-most column of green LEDs indicates Speed and corresponds to the main Speed window.



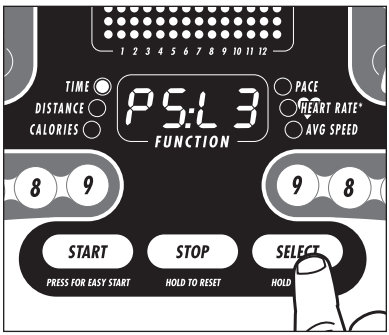
CHOOSING A PROGRAM

Use the Arrow buttons to choose one of the 7 Programs:
(P1 - MANUAL, P2 - INTERVALS, etc.). Press SELECT.
See Page 27 for Custom User Programs.



CHOOSING A LEVEL

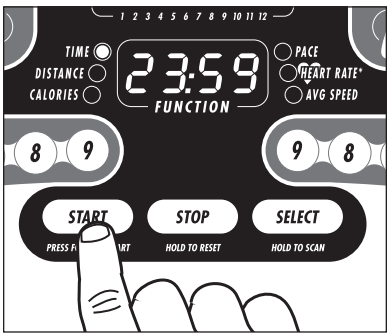
Use the Arrow buttons to choose one of the 9 Levels; L1 provides the least resistance, L9 the most. Press SELECT.



CHOOSING A TIME

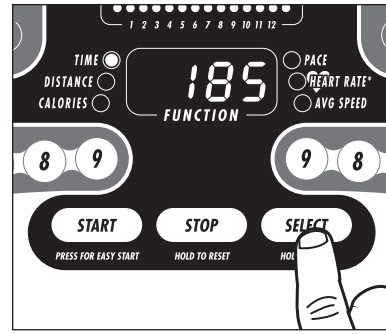
After you have chosen a Level, the Time will default, depending on which Program you have chosen, and then flash. You may use this default Time or choose another by using either set of Arrow buttons.

If you are ready to begin exercising press START. Optionally, if you wish to enter your weight, proceed first to the next step.



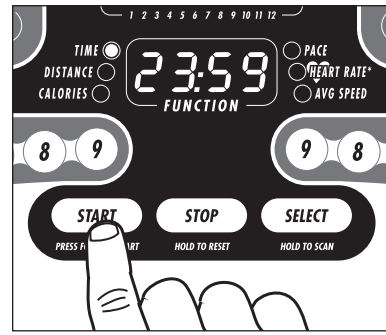
ENTERING YOUR WEIGHT

After you have chosen your workout time you may now enter your Weight. By entering your Weight, the totals for Calories will be adjusted according to your entered Weight.



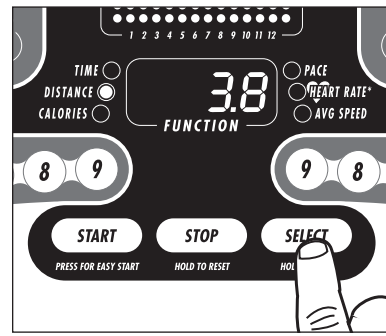
STARTING

When you are ready to begin exercising press START.



FINISHING

When your workout is complete the Speed window will beep and flash three times letting you know that your Program is complete. The Treadmill will return to its starting position and you will be able to use the SELECT button to scan through and check your DISTANCE, CALORIES, AVERAGE SPEED and PACE.

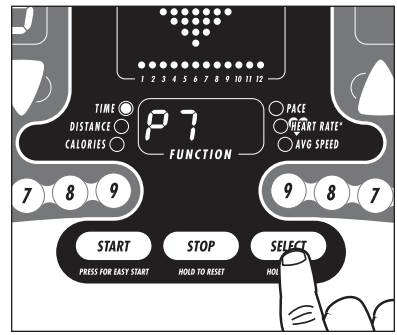


HEART RATE CONTROL ELEVATION & SPEED

Program default is 34:00 minutes
Enter Target Heart Rate, Time & Weight.
The Treadmill has a manual mode warm up until you reach your Target Heart Rate. During the warm up mode, you control both speed and elevation. This does not count for the program time. Once you reach within 10 beats per minute (BPM) of the Target Heart Rate, the Treadmill controls Heart Rate by Speed and Elevation. The Program time begins when you are within 5 BPM of your Target Heart Rate and the treadmill will beep 3 times. The speed will be automatically adjusted; first up to 1 MPH greater or less than the current Target Heart Rate Speed. After the console automatically adjusts your speed up to 1 MPH more or less than the Target Heart Rate Speed, the elevation will take over and adjust your elevation to keep you in your Target Zone. This will repeat throughout the program.

CHOOSE THE HRT PROGRAM

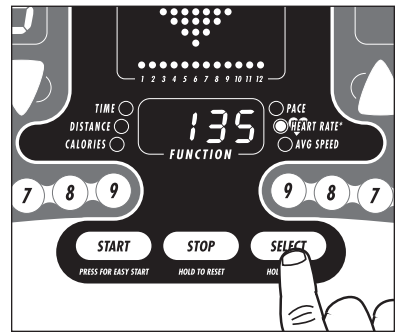
Using either set of Arrow buttons select "P7" Heart Rate Program and press the SELECT button.



ENTER TARGET HEART RATE ZONE

Using either set of Arrow buttons, enter your Target Heart Rate and press the SELECT button.

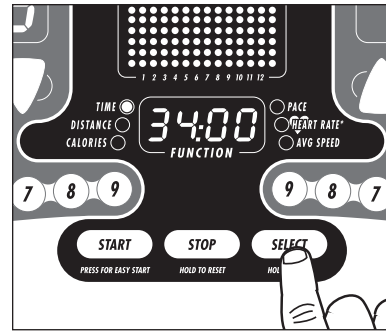
NOTE: The Function Window will blink and the heart rate LED will be lit to let the user know what their Target Zone is.



CHOOSE TIME

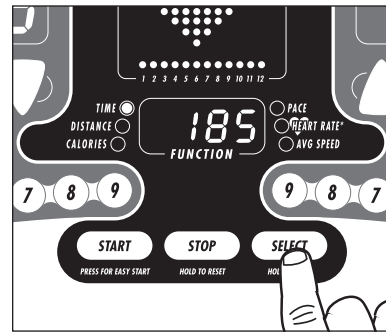
After you have chosen your Target Heart Rate, the Time will show the program default time of 34:00. You may change the Time, using either set of Arrow buttons. Press the SELECT button to enter your Time.

NOTE: The Minimum Time is 5 minutes. If you are ready to begin exercising, press the START button. Optionally, if you wish to enter your weight, proceed to the next step.



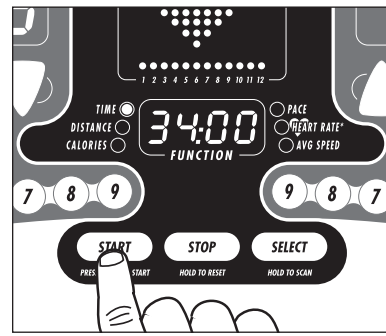
ENTER WEIGHT

Using either set of Arrow buttons, enter your Weight. Press the SELECT button. By entering your weight, the total Calories will be adjusted according to your weight.



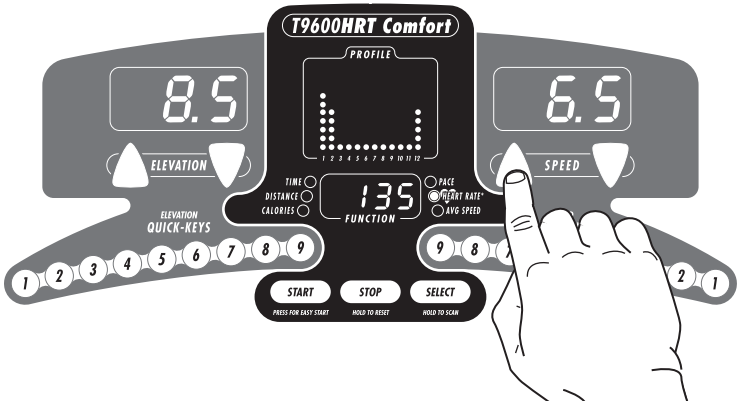
BEGIN THE PROGRAM

Press the START button. The console will begin a three beep countdown. The belt will begin to move once this countdown is complete.



WARM UP MODE

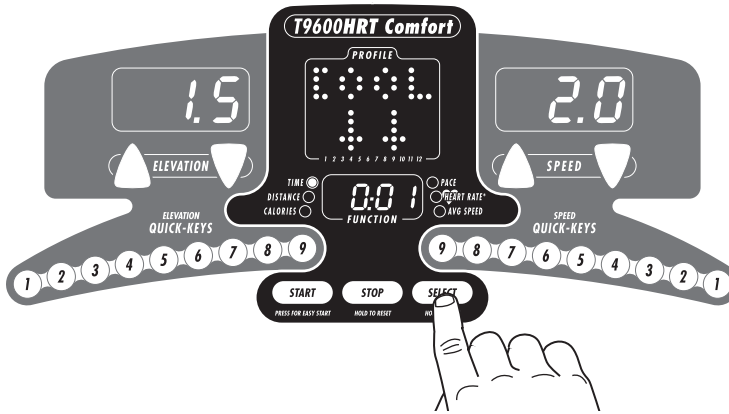
Now the Treadmill is in the manual warm up mode.
The user controls both the speed and elevation to reach their Target Heart Rate plus or minus 5 Beats-per-Minute (BPM). Once a steady Heart Rate is found, the console will beep 3 times and then enter the Heart Rate Training mode.



After the user has reached their target zone, the speed will be adjusted first up to 1 MPH greater or less than the current target Heart Rate Speed in the program. The speed can always decrease greater than the current speed. After the speed is adjusted to +/- 1 MPH, the elevation will take over and control elevation to keep in your target zone. This would repeat throughout the program.

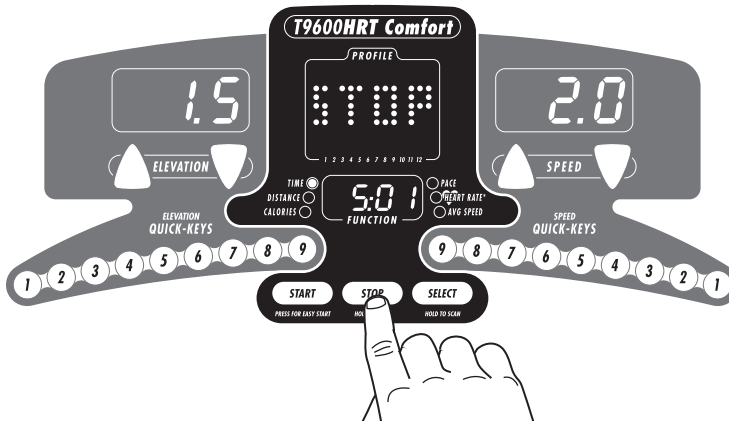
COOL DOWN MODE

After you have completed your timed workout, the console will display "COOL DOWN'. This is to let you know that the program has ended. Now the user is in a manual mode cool down and has control of the Speed and Elevation buttons. This lets the user cool down at their own pace.



COMPLETING YOUR WORKOUT

Once you feel your cool down time is enough, press STOP and the Treadmill will stop.



NOTES FOR YOUR HEART RATE TRAINING PROGRAM

• If there is no Heart Rate detected, the Treadmill will not speed up or down.

• If the Heart Rate detected is higher than the Target Zone by 10 BPM the console will "beep" 4 times to warn the user.

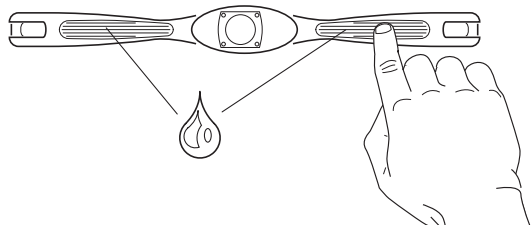
• If the Heart Rate detected is higher than the Target Zone by 15 BPM, the console will "beep" 4 times, stop, and then continue beeping 4 times again and the same process will repeat 5 times.

• If the user's Heart Rate is 20 beats over their Target Zone, the Treadmill will "beep" 5 times then Shut Down.

NOTE: At all times the speed and elevation keys are operative for the user.

WIRELESS CHEST TRANSMITTER

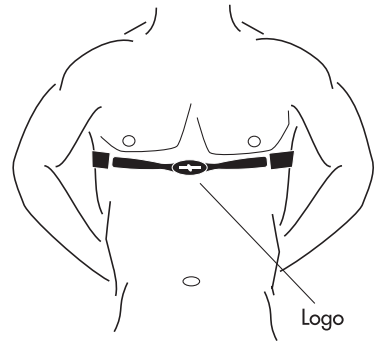
Prior to wearing the Strap on your chest, moisten the two rubber contact pads with several drops of water and spread about with your fingers.



TRANSMITTER STRAP PLACEMENT

Center the Transmitter Strap just below the breast or pectoral muscles, directly over your sternum with the VISION FITNESS logo facing out.

Adjust the elastic strap length to avoid bouncing or sliding.



GENERAL HEART RATE TRAINING RECOMMENDATIONS

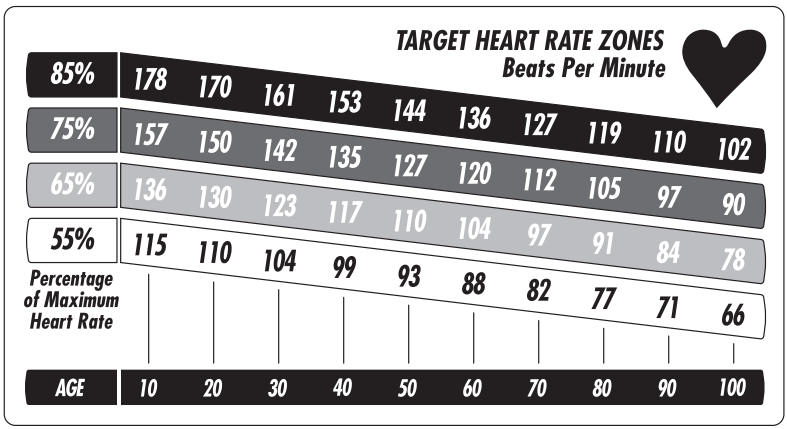
To use the Heart Rate Training Program, it is important to determine your Target Heart Rate Zone, using the chart below. After determining your Target Zone, you should use the treadmill in MANUAL mode to see if the Target Zone you have selected is correct. This will give you a good base to start your Heart Rate Training. If you feel your Target Zone is too low or too high, keep using the treadmill in the MANUAL mode until you feel comfortable during your workout; then you can begin using the Heart Rate Training Program.

EXERCISE INTENSITY

To reap the most cardiovascular benefits from your workout, it is necessary to exercise within a recommended intensity. The two ways to monitor exercise intensity are Target Heart Rate, and Perceived Exertion.

TARGET HEART RATE

Target Heart Rate is a percentage of your maximum heart rate. Target Heart Rate will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. Exercise heart rate should range from 55% to 85% of your maximum heart rate. As a point of reference, we use the predicted maximum heart rate formula of (220 minus age) to determine your heart rate training zone. Please use the following chart to determine your predicted Target Heart Rate.



RATE OF PERCEIVED EXERTION

Rate of Perceived Exertion (R.P.E.) is one of the easiest ways to monitor exercise intensity. By becoming familiar with the RPE scale, you can continually assess your level of intensity and insure a level of exertion that is comfortable. An increase in exercise intensity is directly related to elevation in exercise heart rate. Consequently RPE can be used alone or together with heart rate when monitoring exercise intensity.

RPE SCALE

0	Nothing at all
.5	Very, very weak
1	Very weak
2	Weak
3	Moderate
4	Somewhat strong
5	Strong
6	
7	Very strong
8	
9	
10	Very, very, strong
Maximal	

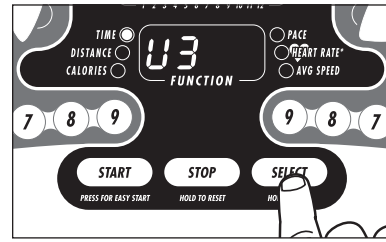
The recommended RPE range for most people is between 3 (moderate) and 5 (strong). The RPE should be independent of your pace; it is dependent on the feelings caused by the exertion.

CUSTOM USER PROGRAMS U1-U5

Design your own Programs by setting the desired Speed and Elevation. All Programs have 12 intervals and a minimum Program Time of 12 minutes. By designing your own Programs you now can control your fitness goals workout-by-workout. This allows you to modify your training based on certain events or milestones you may have set for yourself.

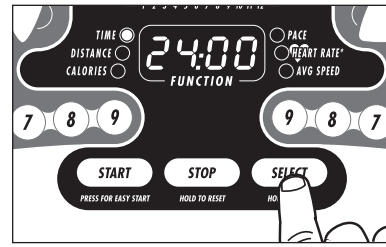
PROGRAMMING A USER PROGRAM

Select U1 thru U5 by pressing Arrows. Press the SELECT button.



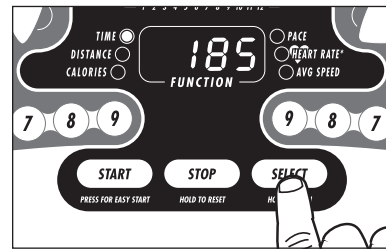
ENTER PROGRAM TIME

Enter Time using Arrows, then press the SELECT button to save total workout time.



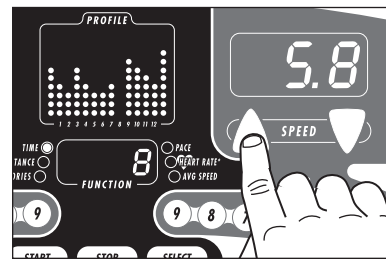
ENTERING YOUR WEIGHT

After you have chosen your workout time you may now enter your Weight. By entering your Weight, the totals for Calories will be adjusted according to your entered Weight.



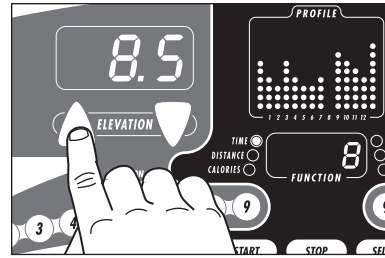
ENTER SEGMENT SPEED

The #1 column will blink. Press Speed Arrows to change the segment column Speed (Speed numeric values changing with red column).



ENTER SEGMENT ELEVATION

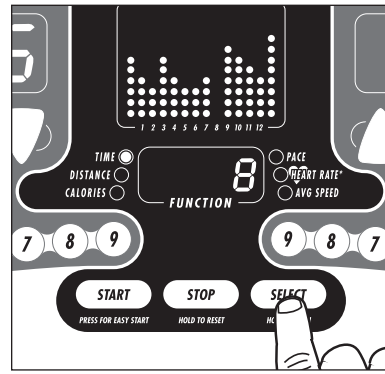
Then press the Elevation Arrows to change the segment column Elevation (notice Elevation numeric values changing with orange column).



SAVING SEGMENT DATA

Press the SELECT button to store Speed and Elevation, then proceed to the next column.

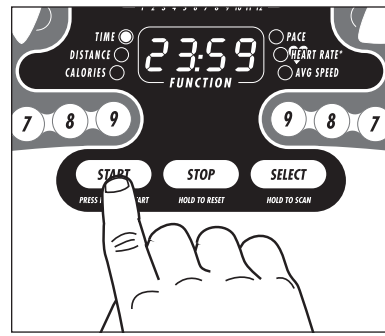
NOTE: Repeat entering segment speed and segment elevation until all 12 segments are completed



BEGINING WORKOUT

Begin exercising in your new custom user program by pressing the START button.

NOTE: This program will be saved permanentally and may be changed by repeating the steps above



USER ENGINEERING MODE

(Models T9300HRT/T9500HRT/T9500HRT Ortho/T9600HRT Comfort Only)

Your treadmill offers a User Engineering Mode that can access certain data and help to troubleshoot your treadmill. User Engineering Mode is designed for you to access functions that will not affect important treadmill settings. To access this mode please hold down SPEED DOWN and SELECT for 5 seconds while the treadmill is in any state of setting up a program. When in the User mode, ***"USEr"*** displays in the center window. To access the data press the ELEVATION keys to scroll through the available data/functions. To select the data/function, press START. To exit, press STOP.

UNITS

P6 represents units, English or Metric. You can select this configuration for your treadmill.

A number appears in the right window. If it is even, the treadmill is configured in English units (miles/mph); an odd number represents a Metric configuration (kilometers/kph). Press the SPEED arrows to toggle between English and Metric.

In order to save the modified value, press SELECT. Note that changing units does affect the stored value of weight and clears any stored user programs. Changing units may also require you to perform auto-calibration.

DEFAULT WEIGHT

P8 represents default weight. Weight appears in the right window. To modify weight, press the SPEED arrows. To save the new default weight, press SELECT prior to exiting. If Units is modified immediately prior, weight defaults to 150 lbs. or 68 kg.

ACCUMULATED TIME

P9 represents accumulated time, in hours. The SPEED keys are disabled while viewing. To exit, press STOP. This information can not be modified.

ACCUMULATED DISTANCE

P10 represents accumulated distance, in either miles or kilometers. The SPEED keys are disabled while viewing. To exit, press STOP. This information can not be modified.

AUTO-CALIBRATION *(Models T9300HRT/T9500HRT/T9500HRT Ortho/T9600HRT Comfort Only)*

DO NOT STAND ON THE BELT WHEN PERFORMING THE AUTO-CALIBRATION!

Auto-calibration is not represented by a Px designation. ***"Auto"*** appears in the center window. When you enter the function, "Auto" begins flashing. To begin auto-calibration, press START. The treadmill will run through minimum and maximum speed and maximum incline, this will take three to five minutes. Let the treadmill perform this complete function before exiting the Engineering Mode.

Elevation A/D or Elevation in % appears in the left window. PWM value or Speed appears in the right window. ***"End"*** will appear in the center window when the auto-calibration is complete. When auto-calibration is complete, it will take about 30 seconds to go to 0 elevation and return to the start-up screen with P1 showing in the function window.

EXIT USER ENGINEERING MODE

P14 represents exit mode. When you press START to select the function, the console performs a reboot, returning to program setup.

AUTO CALIBRATION *(Model T9200 Only)*

DO NOT STAND ON THE BELT WHEN PERFORMING THE AUTO-CALIBRATION

Hold the Elevation Up and Speed Down buttons for 5 seconds. The console will beep 5 times and a number will appear in the window. Shortly thereafter, EnG1 will appear in the window.

Press the Elevation Up or Speed Up to EnG4

Press Start. The treadmill will calibrate itself. It will take 3-5 minutes. When the Auto Calibration is complete "END" will flash in the window. Wait 10 seconds.

Remove the Safety Key, then put the Safety Key in place to use the treadmill.

TROUBLESHOOTING YOUR TREADMILL

Our Treadmills are designed to be reliable and easy to use. If, however, you have a problem, these troubleshooting steps may indicate the cause.

PROBLEM: The Console does not light up.
SOLUTION: Check to make sure the Treadmill is connected to a functioning outlet, and that the Treadmill is turned on.

PROBLEM: The Treadmill's built-in circuit breaker trips repeatedly, shutting-off for no apparent reason.
SOLUTION: The lubricating wax coating on the deck is wearing down and needs to be replenished; contact your VISION FITNESS retailer.

PROBLEM: The Treadmill shuts off when elevated.
SOLUTION: Check to make sure that the power cord is not stretched so tight that when the Treadmill is elevated the cord is pulled out of the wall outlet.

PROBLEM: The running belt does not stay in the center of the Treadmill when you are running on it.
SOLUTION: 1) Check to make sure the Treadmill is level. 2) The running belt is loose and needs to be properly tensioned (see Page 34 for proper procedure).

PROBLEM: The belt moves within 1/4" of – but does not touch – the side rail.
SOLUTION: There is nothing wrong, this is normal and will not cause any damage.

NOTE: If the above steps do not remedy the problem, discontinue use, turn the power off and contact your VISION FITNESS retailer.

TROUBLESHOOTING YOUR HEART RATE MONITOR CHEST STRAP

PROBLEM: No pulse reading appears
SOLUTION: There may be a poor connection between the contact pads and skin. Remoisten electrodes.
SOLUTION: Transmitter is not properly positioned. Reposition the chest strap.
SOLUTION: Verify that the distance between transmitter and receiver is not beyond the recommended range of 36 inches.

PROBLEM: There is an erratic pulse rate.
SOLUTION: Chest strap is too loose; readjust according to directions.

NOTE: It is possible that heart rate monitors will not function properly on some people due to a variety of reasons. It may be necessary to experiment with the fit and position of the chest strap. Outside interference sources such as computers, motors, etc. are also a major source of problems for heart rate monitors.

COMMON TREADMILL QUESTIONS

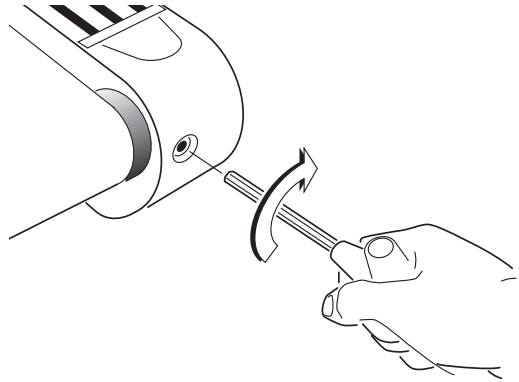
Q: Are the sounds my Treadmill makes normal?
A: All Treadmills make a certain type of thumping noise due to the belt riding over the rollers. This noise will diminish over time, although it might not totally go away. With use, the belt will stretch, causing the belt to ride more smoothly over the rollers. It might appear that one Treadmill is louder another. There are many reasons for this and may not be due to a defect.

Q: Why is the Treadmill I had delivered louder than the one at the store?
A: All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. This is due to many acoustic differences. A number of precautions can be take to reduce noise. For instance, a heavy rubber mat can help reduce reverberation through the floor. And finally, if a fitness product is placed close to a wall, there will more reflected noise.

Q: When should I be worried about a noise?
A: As long as the sounds your Treadmill makes are no louder than a normal conversational tone of voice, it is considered normal noise. If your Treadmill is louder than this, you may want to call your service technician. Sometimes an initial diagnosis can be made over the phone.

TENSIONING THE BELT

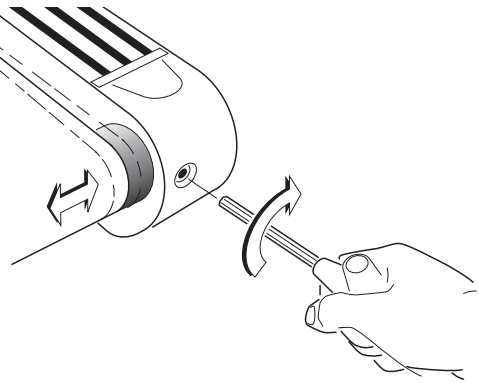
If the running belt slips when used, use the supplied 8mm Allen wrench to turn the left and right tension bolts clockwise 1/4-turn at a time until the belt no longer slips.



CENTERING THE BELT

If the running belt is too far to the *right* side, use the supplied 8mm Allen wrench to turn the *right* tension bolt *clockwise* 1/4-turn at a time until the belt remains centered during use.

If the running belt is too far to the *left* side, turn the *left* tension bolt clockwise 1/4-turn at a time until the belt remains centered during use.



PREVENTIVE MAINTENANCE

Following are several tips on taking care of your VISION FITNESS treadmill. The location of your treadmill is important in maintaining your treadmill. Find a location that does not accumulate dust and dirt easily. A clean environment can help to prolong the life and improve the performance of your treadmill.

CLEANING TREADMILL

IMPORTANT: Before cleaning, be sure to turn off and unplug the treadmill.

- After each use wipe the perspiration off the console and treadmill surfaces.
- Every week clean the treadmill surfaces including the console, motor cover and side rails using a damp cloth. Do not use solvents as they may cause damage to the treadmill.
- Each week vacuum around and under the treadmill.

QUARTERLY INSPECTION

- Every 3 months check the tightness of the assembly bolts to assure they are properly tightened.
- Every 3 months check the power cord.

DECK WAXING

VISION FITNESS treadmills feature low maintenance pre-waxed decks. To maximize Treadmill life, the decks can easily have wax reapplied. You can use the chart below as a guide to the frequency of waxing the deck. Failure to wax the deck can result in a voided warranty. Please contact your VISION FITNESS retailer for the appropriate wax to use.

FREQUENCY OF USE	*TYPE OF USE*	*FREQUENCY OF APPLICATION*
1-5 HOURS/WEEK	WALKING	EVERY 12 MONTHS
6-10 HOURS/WEEK	WALKING	EVERY 6 MONTHS
1-5 HOURS/WEEK	RUNNING	EVERY 6 MONTHS
6-10 HOURS/WEEK	RUNNING	EVERY 4 MONTHS
10+ HOURS/WEEK	RUNNING	EVERY 3 MONTHS

LIMITED HOME USE WARRANTY

VISION FITNESS extends the following exclusive, limited warranty, which shall apply only to the use of the device in the home, for residential, non-commercial purposes only. Any other use of the device shall void this warranty.

VISION FITNESS hereby extends the following limited warranties for the following components of the device, for the time period indicated:

MODELS *T9200 & T9300HRT*

FRAME - LIFETIME VISION FITNESS warrants the Frame against defects in workmanship and materials for the life of the product, so long as it remains in the possession of the original owner.

MOTOR - TEN YEARS VISION FITNESS warrants the Motor against defects in workmanship and materials for a period of ten years from the date of original purchase, so long as the device remains in the possession of the original owner.

ELECTRONICS & PARTS - TWO YEARS VISION FITNESS warrants the Electronic components and all original Parts (other than the Motor) against defects in workmanship and materials for a period of two years from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR - ONE YEAR VISION FITNESS shall cover the Labor cost for the repair of the device for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

LIMITED HOME USE WARRANTY (continued)

VISION FITNESS extends the following exclusive, limited warranty, which shall apply only to the use of the device in the home, for residential, non-commercial purposes only. Any other use of the device shall void this warranty.

VISION FITNESS hereby extends the following limited warranties for the following components of the device, for the time period indicated:

MODELS *T9500HRT, T9500HRT ORTHO & T9600HRT COMFORT*

FRAME - LIFETIME VISION FITNESS warrants the Frame against defects in workmanship and materials for the life of the product, so long as it remains in the possession of the original owner.

MOTOR - TEN YEARS VISION FITNESS warrants the Motor against defects in workmanship and materials for a period of ten years from the date of original purchase, so long as the device remains in the possession of the original owner.

BELT, DECK, and ROLLERS* - FIVE YEARS VISION FITNESS warrants the Belt, Deck, and Rollers against defects in workmanship and materials for a period of five years from the date of original purchase, so long as the device remains in the possession of the original owner.
***ALL OTHER PARTS AND ELECTRONICS - THREE YEARS**

LABOR - ONE YEAR VISION FITNESS shall cover the Labor cost for the repair of the device for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

LIMITED HOME USE WARRANTY (continued)

EXCLUSIVE REMEDY

The exclusive remedy for any of the above warranties shall be repair or replacement of defective Parts, or the supply of Labor to cure any defect, provided that Labor shall be limited to one year. All Labor shall be supplied by the local Retailer who sold the Product and the Product must be located within that Retailer's service area. Products located outside the Retailer's service area will not be covered by the Labor warranty.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame, Electronic component, or defective Part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the Fitness Product as sold. The warranty does not cover failure to follow instructions and warnings in the Owner's Guide or failure to provide reasonable and necessary maintenance. The warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, or neglect. VISION FITNESS shall not be responsible for incidental or consequential damages. Parts and Electronic components reconditioned to As New Condition by VISION FITNESS or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

VISION FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights and your rights may vary from state to state.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to VISION FITNESS before a warranty claim can be processed. You may also register via our website at **www.visionfitness.com**. Inside the enclosed warranty card you will find a customer survey. Your care in completing the survey will be of value to us in serving you in the future. Comments and suggestions are always welcome. We are certain you will enjoy your new Treadmill. Thank you for selecting a VISION FITNESS product.

DEVELOPING A FITNESS PROGRAM

By purchasing this piece of VISION FITNESS exercise equipment, you have made a commitment to exercise and now have the convenience of exercising in your own home. Your new equipment offers the flexibility to exercise at whatever time suits you best. It will be easier to maintain a consistent exercise program that will help you achieve your fitness goals.

ACHIEVING YOUR FITNESS GOALS

An important step in developing a long-term fitness program is to determine your goals. Is your primary goal to lose weight? Improve muscle tone? Relieve stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. If possible, try to define your personal goals in precise, measurable terms over specific periods of time. Examples of these goals might include:

- Decrease your waistline by two inches over the next two months.
- Run the local 5K race this summer.
- Lose 10 pounds in the next three months.
- Get 30 minutes of cardiovascular exercise at least five days per week.
- Improve your race time by two minutes over the next year.
- Move from walking a mile to jogging a mile within the next three months.

The more specific the goal, the easier it will be to track your progress. If your goals are long-term, divide them into monthly and weekly segments. Long-term goals can lose some of the motivational benefits. Short-term goals are easier to achieve and will allow you to see the progress you are making. Every time you reach a goal, it is important to set a new goal. This will lead to a healthier lifestyle and will provide the motivation that you will need to move forward.

TRACK YOUR PROGRESS

Now that you have set your exercise goals, it is time to write them down and make an exercise schedule that will help you achieve them. By keeping a fitness diary, you will stay motivated and know where you are in terms of reaching your goals. As time goes on, you will be able to look back with pride to see how far you've come. See pages 46-49 at the end of this section for weekly and annual exercise logs. Copy these logs to keep your own Fitness Diary.

EXERCISE GUIDELINES

WARM-UP

A warm-up activity should be a progressive aerobic activity that utilizes the muscles you will be using during the workout. There is no set warm-up intensity. A typical warm-up will produce a small amount of perspiration, but not leave you feeling fatigued. Intensity and fitness level will affect the duration of your warm-up, but 5-10 minutes is usually recommended.

EXERCISE DURATION

A common question asked is, how much exercise do I need? We recommend following the guidelines set up by the American College of Sports Medicine (ACSM) for healthy aerobic activity.

- Exercise three to five days per week.
- Warm up for five to 10 minutes before aerobic activity.
- Maintain your exercise activity for 30 to 45 minutes.
- Gradually decrease the intensity of your workout, then stretch to cool down during the last five to 10 minutes.

If weight loss is a major goal, participate in your aerobic activity at least 30 minutes for five days each week.

EXERCISE INTENSITY

The next question asked is, how hard do I need to workout? To reap the most cardiovascular benefits from your workout, it is necessary to exercise within a recommended intensity range. We recommend using one of two methods to measure exercise intensity. These two methods are performed by monitoring your exercise heart rate or by using the Rate of Perceived Exertion (RPE). Please see pages 25 and 26 for the Target Heart Rate Chart and RPE Scale.

BALANCED FITNESS

While cardiovascular exercise has been the primary method of fitness for many programs over the years, it should not be the only method. Strength Training and Flexibility Training have become more popular as exercise has developed. Incorporating Strength and Flexibility Training into your current exercise program will give you the balance you need to improve your athletic performance, reduce susceptibility to injury, increase metabolic rate, increase bone density, and reach your goals faster.

STRENGTH TRAINING

Strength Training was once known as an activity performed by young males only. That has changed with the advances in scientific research on Strength Training over the last 20 years or so. Research has proven that, after age 30, we begin to lose muscle mass if we do not incorporate Strength Training into our exercise program. With this decrease in muscle mass, our ability to burn calories decreases, our physical ability to do work decreases and our susceptibility to injuries increases. The good news is that, with a proper Strength Training program, we can maintain or even build muscle as we age. A proper Strength Training program will work the muscle groups of the upper and lower body. There are now many options available for Strength Training including: yoga, Pilates, selectorized machines, free weights, stability balls or medicine balls, exercise tubing and body weight exercises, just to name a few.

Recommendations for a minimum Strength Training program include:

FREQUENCY: Two to three days per week

VOLUME: One to three sets consisting of eight to 12 repetitions.

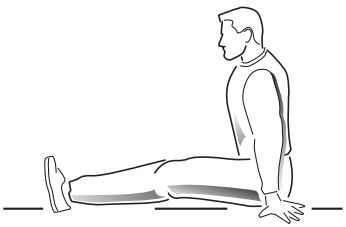
STRETCHING

Flexibility Training is not associated with fitness as often as cardiovascular exercise or Strength Training, even though it is just as important. A good stretching program will help to maintain flexibility of the hips and lower back. A flexible person will be less likely to injure themselves in common activities, such as reaching, twisting and turning, or in uncommon activities such as the annual softball game.

Before stretching, take a few minutes to warm-up the muscles because stretching a cold muscle can cause injury. Start your stretch slowly, exhaling as you gently stretch the muscle. Try to hold each stretch 15 to 30 seconds. Don't bounce when you stretch. Holding a stretch offers less chance of injury. Don't strain or push a muscle too far. If it hurts, ease up. Here are a few stretches you can incorporate into your exercise program:

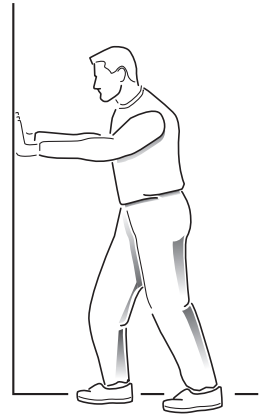
SEATED TOE TOUCH

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers toward your toes, exhaling as you go. Hold for 15 to 30 seconds. Return to the start position, and repeat as necessary.



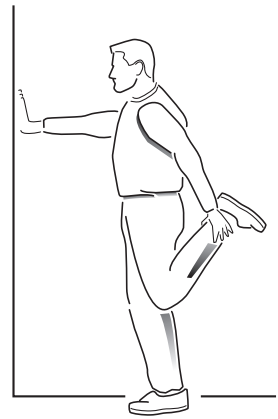
STANDING QUADRICEPS STRETCH

Using a wall to provide balance, grasp your left ankle with your left hand and hold to stretch. Your knee should be pointing toward the floor. Hold the stretch for 15 to 30 seconds. Repeat with your right leg, and continue to alternate as necessary.



STANDING CALF STRETCH

Standing about three to four feet from the wall, take one step forward with your left foot. Place your hands on the wall in front of you. Bend your left leg slowly, using your movement to control the amount of stretch in the right calf. Your right heel should remain on the ground. Slowly bring yourself back to the starting position and switch legs. Repeat as necessary.



Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

January

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

February

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

March

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

April

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

May

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

June

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

July

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

August

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

September

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

October

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

November

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

December

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

it all starts with a

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